

# F.E. Formula

60 tablets, Herbal combination, Stock No. 81-4

**D**uring the six months to three years of the menopause cycle, you may feel some of the traditional symptoms of menopause, including hot flashes and sudden chills, lowered sexual desire, vaginal dryness, emotional upset, and sleeping problems.

F.E. Formula, a concentrated timed-release version of the trusted black cohosh herb, is a cool alternative to hot flashes. Do you have PMZ? PMZ stands for postmenopausal zest, a phrase coined by anthropologist Margaret Mead. She meant that women should seize this stage of life and live it to the fullest. No once-a-month cycle that used to slow you down.

And now, there's Flash-Ease, which spells freedom!

## *Did you know?*

About 70 percent of women experience hot flashes and night sweats during menopause and about 26 percent of women seek medical help for the hot flashes, night sweats, and other symptoms of menopause.

## *NSP Advantage*

60 tablets per bottle. Herbal Combination

*Ingredients:* 740 mg combination of the finest dong quai (*Angelica sinensis*) root extract, Black cohosh (*Cimicifuga racemosa*) root and rhizome extract. The black cohosh is standardized to contain a minimum of 2.5 percent total triterpene glycosides. Time-release technology, including our special coating process, ensures a consistent dose of triterpene for a full 10 hours, giving you all-day and all-night benefits.

*Other ingredients:* Maltodextrin, cellulose, stearic acid, dicalcium phosphate, magnesium stearate, silicon dioxide.

*Recommendation:* Take 1 or 2 capsules daily during a meal.

**CAUTION:** Pregnant and nursing women.

## Features & Benefits

- Supports the mature woman's body as she encounters glandular imbalances and physical changes.
- Helps alleviate general pain and cramping pain in the reproductive organs.
- Helps "keep cool" by relieving hot flashes and other menopausal symptoms, PMS, and vaginal dryness.
- Regulates the female reproductive cycle.
- Increases blood flow, especially to the reproductive organs and the heart.
- Helps relax and relieve muscle spasm.
- Helps relieve rheumatic inflammation.
- Most women notice benefits within four to eight weeks of regular use.
- Black cohosh was traditionally used to help relieve menopausal symptoms and relax skeletal muscle and ease nervous tension. Black cohosh helps to relieve premenstrual symptoms.

# THE CRANTON MENOPAUSE DIET

## THIS DIET EMPHASISES A WHOLE FOOD APPROACH

### 1. INCREASE PLANT FOODS - especially high in phytoestrogens

Soy	nuts	alfalfa	sage (garden)
Soybean	whole grains	garlic	sarsaparilla
Tofu & miso	apples	onion	squawvine
Flax Seed	Fennel	anise	wild yam root
Flax seed oil	celery	licorice	chamomile
Fish	parsley	raspberry	valerian
Oats	beans	fruit	all veggies

### 2. AVOID/ELIMINATE THESE (They promote hormone imbalance/ hot flashes

Dairy products	caffeine- coffee, cola, black tea
Milk	spicy foods
Cheese	hot soups / drinks
Animal products (beef, pork)	chicken (animal fat)
Alcohol	white sugar and white flour
Anger	tobacco/marijuana

### 3. NUTRITIONAL SUPPLEMENTS

Multivitamin/mineral - "Super Vitamins & Minerals"  
Vitamin E 400IU -800IU-1200IU "Pro E"  
Vitamin C 1200mg "MinSorb"  
Hesperidin 900 mg (a type of bioflavinoid)  
Gamma - oryzanol 300mg  
Calcium/Magnesium/Vitamin D or CalMag Plus or CalMax  
B-complex "Glycopro"

### 4. BOTANICAL MEDICINE - HERBS

Black cohosh - cimicifuga	garden sage
Black Haw - viburnum	Ginseng & Dong Quai
Chaste tree - vitex agnus	hops - humulus
Chickweed	liferoot - senecio
Dandelion - taraxacum	motherwort
Elderflower	nettle - urtica dioica
Fenugreek - trigonella	oatstraw
Pomegranate - punila	red clover - trifolium
Sage	wild yam - dioscorea

### 5. PRODUCTS

Black Cohosh	Wild Yam and Chaste Tree
Women's Formula	Formula FE - FlashEase